

FEB 2005



“ONE TEAM ONE FIGHT”

Vol. 1



***Special Troops Battalion
3rd Corps Support Command***

Battalion Newsletter



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HHC, 3D COSCOM and Staff Corners

FRG Corner

Community Events

Commander, Special Troops Battalion
Lieutenant Colonel Fredrick Brown

LTC Fredrick Brown is a native of Natchez, Mississippi. In 1980 he enlisted in the 95th Infantry Army Reserve Corps, Monroe, Louisiana. Upon completion of ROTC as a Distinguished Military Graduate in 1985, he was commissioned a second lieutenant in the Ordnance Corps and received a Bachelor of Arts Degree in Sociology from Northeast Louisiana University at Monroe. He also holds a Master of Arts Degree in Business Administration from Central Michigan University at MT Pleasant. His military education includes the Ordnance Officer Basic and Advanced Courses, CAS3, Logistic Management Course, Air Assault Course, Support Operations Course, and the Army Command and General Staff College. His assignments include Branch Chief, Logistics Support Operations, US European Command J-4; Executive Officer, Division Material Management Center, 25th Infantry Division Schofield Barracks, Hawaii; Executive Officer 725th Main Support Battalion, 25th Infantry Division (L); Support Operations Officer 225th Forward Support Battalion. LTC Brown's awards and decorations include the Bronze Star Medal, Defense Meritorious Service Medal, Meritorious Service Medal, Army Commendation Medal (with 4 Oak Leaf Clusters), Army Achievement Medal (with 2 Oak Leaf Clusters), National Defense Service Medal, Southwest Asia Service Medal, Kuwait Liberation Medal (Saudi Arabia and Kuwait), Overseas Services ribbon, and the Air Assault Badge.



COMMANDER'S CORNER:

As the Commander of the Special Troops Battalion, I would like to take this opportunity to thank each and every Soldier, Civilian, Spouse and child for your unwavering moral support. Over the last eight months the battalion was challenged with several complex tasks, I would like to mention a few: Reintegration of our equipment from Operation Iraqi Freedom; the battalion conducted a first class "Welcome Home Ceremony" for 1st Armored Division; participated in a robust "Victory Start" exercise in support of V Corps and 3D COSCOM Headquarters; provided a funeral detail and a quick reactionary force for 221st BSB; participated in the USAREUR European Land Combat Expo in Heidelberg; and the Family Readiness Group (FRG) in conjunction with the STB Staff, planned and executed an outstanding Christmas Party for the Soldiers and their families.

As we enter into 2005, we will continue supporting the Global War on Terrorism and Operation Iraqi Freedom. We must remain trained and ready. Establish competence-based confidence in Soldiers, leaders, and units. Teach Soldiers how to fight and how to conduct realistic training; maintain morale and attend to the care of Soldiers, subordinate leaders, civilians and their families. It is my goal to create tomorrow's Army while remaining trained and ready for today's crisis. Between 22 Feb and 14 Mar, the battalion will be participating in "Victory Focus" in Vilseck, Germany. It is imperative that all Soldiers and key leaders take the necessary measures to prepare their families prior to the exercise. I would like to challenge and solicit your support in participating in the upcoming FRG meetings. The FRG plays a key role in the readiness of the battalion. The FRG fosters family self-sufficiency, helps resolve or refer problems at the lowest level, and provide family members with critical information. Again, thank you for your support and selfless service and I am looking forward to serving you for the remainder of my command.

Command Sergeant Major, Special Troops Battalion
Command Sergeant Major Karl E. Schmitt

CSM Karl E. Schmitt joined the Army in 1985 as a Light Wheel Vehicle Mechanic. He attended Basic Training and Advanced Individual Training at Fort Dix, New Jersey. His follow on assignments include; Delta 1-48 Infantry Dragoons, Fort Leonard Wood, Missouri; Libby NCOA Academy Drill Sergeant School, Fort Leonard Wood, Missouri; Bravo Company 57th Signal Battalion, 3rd Signal Brigade Fort Hood, Texas; 602nd Maintenance Company, 553 Corps Support Battalion, 64th Corps Support Group, 13th COSCOM, Fort Hood, Texas; 602nd Maintenance Company, 142nd CSB, 3rd COSCOM, IRAQ; International Students Division, United States Army Sergeants Major Academy, Fort Bliss Texas.



CSM Schmitt is a graduate of the United States Army Sergeants Major Academy (Class 54), and a graduate of the Command Sergeants Major Course (Class 04-04).

CSM Schmitt's awards and decorations include: the Bronze Star, Meritorious Service Medal, Army Commendation Medal (6th Oak Leaf Cluster), Army Achievement Medal (9th OLC), Good Conduct Medal (6th award), National Defense Medal with Bronze Star Device, Global War on Terror Expeditionary Medal, Global War on Terror Service Medal, Korean Defense Ribbon, Military Outstanding Voluntary Service Medal, Drill Sergeant Badge, Expert Mechanics Badge. He is also a member of the Order of the Spur from the 3rd ACR and 64th CSG.

CSM NOTES:

On behalf of myself and my wonderful wife Krysstyna, I would like to take this opportunity to express how grateful we are to be recently assigned to the Special Troops Battalion. We just left El Paso Texas, so as you can imagine we welcome the change of pace and climate. As part of the STB Command Team we plan on introducing new ideas to the current operating structure of the Battalion, in hopes to promote and foster a better environment for all, both soldiers and family members. We have only been in the community since the last week in November, but we have already discovered what a great community this is and look forward to our tour here. We hope that we are able to contribute to making this community even better. If there is anyway we can help, please let us know.

STB Events

Family Readiness Group Meeting



WHEN: Wednesday, 9 Feb 05 @1830 hrs

WHERE: Hainerberg Chapel

(Across the road from the High School)

WHY: Information and Great Food!!!

LOOKING FORWARD TO SEEING YOU THERE!!!

POCs: STBS1 CPT Pearson: 0611-750-6304

FRG Maria Diaz @0160 805 2603, FRL SSG Betty Franklin @0611705-7196

The STB will host a Family Readiness Group (FRG) meeting Wednesday, 9 Feb at 1830 hrs at the Hainerberg Chapel. Everyone is invited!

HHC, 3D COSCOM Corner:

PROJECT PARTNESHIP



In order to establish an official relationship under Project Partnership between: SPECIAL TROOPS BATTALION, Headquarters and Headquarters Company (HHC), 3D Corp Support Command in Wiesbaden-Erbenheim and German Federal Armed Forces Reservist Association (VDRBW) Country Group Rheinhessen in Mainz, the organizations intend to support each other through joint training, qualifications ranges, military competitions, and social events. The official partnership started on 25 September 04 where LTC Brown, STB CDR signed the Official Partnership Agreement with WO Michel Roshinka in the city of Bingen. In this short time HHC 3D COSCOM has already hosted the VDRBW in several M16 and M9 ranges. The German Partnership has also been kind to HHC as well. German LNO, LT CDR Juergen Lemke and CPT Manuel Wong have been cultivating this partnership for over a year while HHC 3D COSCOM was deployed downrange. The two corresponded through email from Germany to Iraq to make this relationship between the US and Germany become reality.

On the 25 September 2004 the German Reservists held a fest to celebrate the service for German serving in the Reserve Forces. HHC 3D COSCOM was invited to attend and officially signed the Partnership Agreement. This spawned off numerous partnerships training starting with a pistol competition.

On October 2004, the VDRBW invited HHC 3D COSCOM to a German Schutzenspur qualification range. We fired weapons such as the P8 pistol and the G36 Rifle. From that day we qualified 65 American Soldiers.

11 December 2004, the German Reservist held an OPD in the town of Oppenheim and was given a guided tour by historians through the Oppenheim castle ruins, church, and caverns under Oppenheim. Our group was lead by COL Duffy, the 3D COSCOM DCO and we were received by the Mayor of Oppenheim.

So far the partnership has been very successful with both sides enjoying the training and the cultural experiences on how each military runs training operations. I assure you that HHC 3D COSCOM looks forward to long relationship with the German Federal Forces Reservist Association, Rheinhessen Group for many years to come.

STAFF Corner:

ACofS, G1

We welcome Baby Boy Nathan to the G1 Family. Born December 26, 2004, 7 pounds 12 ounces. Born to Captain Ken Gettinger and his wife Nat.

Farewell to Captain Teresa Pearson and family. Captain Pearson selected as the new Special Troops Battalion Personnel Officer. Thanks for your outstanding service.

Farewell to Master Sergeant Denean Ambersley and family. Master Sergeant Ambersley selected as Chief Noncommissioned Officer, Headquarters, United States Army Europe. Thanks for your outstanding service.

Farewell to Staff Sergeant Thairen Carter and family. Staff Sergeant Carter was selected as the new Special Troops Battalion Personnel Sergeant. Thanks for your outstanding service.

Farewell to Specialist Monica Olson and family. Specialist Olson was selected as the new Commanding General's Secretary. Thanks for your outstanding service.

Happy Birthday:

Chance Ratliff. Chance turned 1 year old on January 8. Chance is the son of Captain Joe and Stephanie Ratliff.

Major William Keltner, December 6.

Captain Ken Gettinger, January 5.

Mr. Daniel Unsen, January 16.

G2:

This Month's Security Reminder

Memory sticks may NEVER be transferred back and forth from NIPR to SIPR systems! Once a NIPR stick is placed in a SIPR system it becomes classified at the SECRET level. There is no way to wipe or downgrade the stick. Remember to label classified memory sticks with a SECRET label and secure in an approved safe when not in use.

*Chaplain:***THE KEY IS FOCUS**

Chaplain (LTC) Larry J. Woods

"If you would be rich, you will be rich; if you would be good, you will be good; if you would be learned, you will be learned. But wish for one thing exclusively, and don't at the same time wish for a hundred other incompatible things just as strongly." William James

One of my favorite habits (one, I might add, that drives my wife and daughter absolutely NUTS!), is television channel surfing. Try it some time during the commercials --- you'd be amazed at what you can learn about the world that way! Surfing the broadcasts has given me the impression that our American media culture is an amazing patchwork of bits and pieces from many, many sources. With that ever-increasing complexity and the wide variety of differences among us, people predictably look for something that brings a sense of order and confidence.

AND to answer that need, there before us day and night on channel after channel are the evangelists of "feel good!" From both the secular realm and the world of religion, these are the purveyors of the message that "success is all in your mind" and "you can have anything you want." "Rev." Jesse Jackson's gospel of "...if I can conceive it, I can achieve it..." forms a mantra that even finds its way into our educational institutions. Self esteem is one of the most popular worship styles of the religion of psycho-babble, and "believing in oneself and one's abilities" forms the doctrinal foundation.

What could be wrong with all this? What mortal sin are the television sellers of positive thinking committing by urging that people believe in themselves and marshal their energies towards the goals they've chosen? Is everything they say simply wrong?

Well, to begin with, the answer to the last question is a qualified "No." There is a point within their plethora of words and products. I believe the one area they might have right is that a life lived rightly before God is a life lived with a focus. The wise writer of *Proverbs* said of men that **"...as he thinketh in his heart, so is he..."** What we think, dwell on, and focus upon soon dictates what we really are in life. The general direction of a person's life is not inadvertent; it is intentional. People become what they think about most!

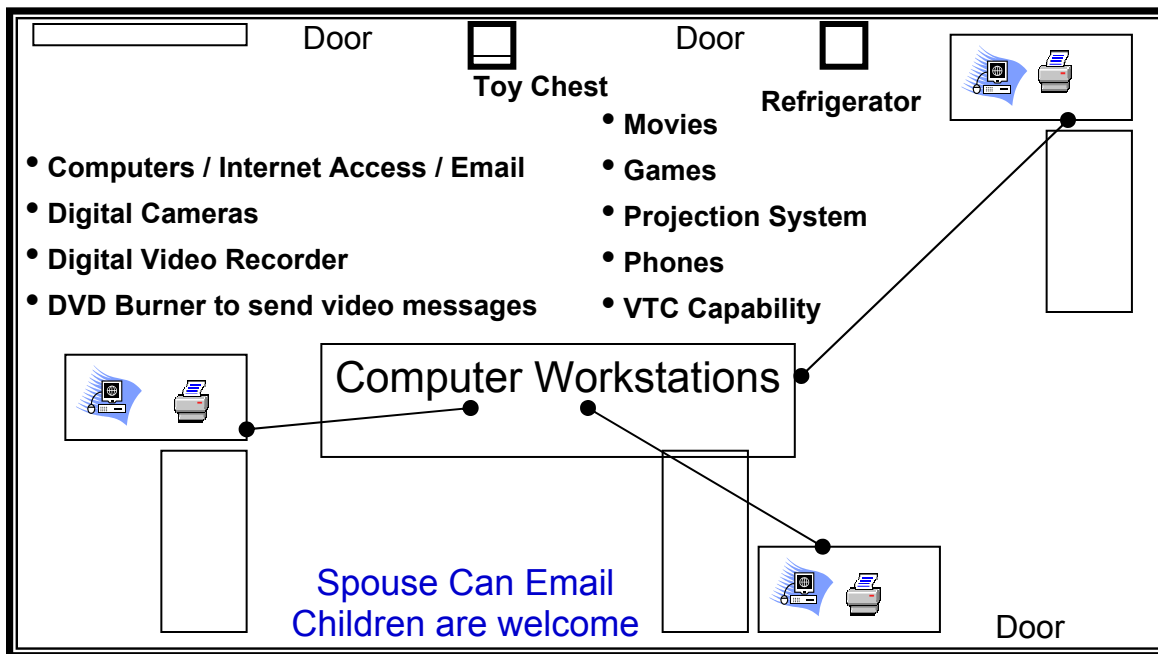
And that's where I have great disagreements with most of what I hear from this crowd on television or in the popular media. Whether religious or not, they miss the point entirely when they put the focus of life on things or achievements or riches! The point of life is NOT in what we have but in WHO we are!

William James was right when he pointed out that a mixed focus or having more than one focus will inevitably sabotage one's quest. We are made to have one overriding focus in life --- and that focus is God Himself!

So, where's to be our attention and focus this week? It's either a "God focus" that transforms who we are or it is a "me focus" that transforms our status and possessions. To get more things or achieve more goals does NOT provide the kind of deep, inner satisfaction God created us to have. On the other hand, a relationship to our Heavenly Father through His Son brings a shift in focus --- away from us and to Him! God grant that in all the big and small ways of our lives He will be the central focus.



STB FRG Yellow Ribbon Room



STB HQ Building # 1205 2nd Floor

- The STB has established a FRG Yellow Ribbon room for you and your family. The room is open during normal duty hours and we encourage you and your family to use the room. The figure above lists all the assets available in the room. If you have a suggestion for improvement, please contact the STB XO, MAJ D. Alan Morgan at 0611-705-5602.
- Our next FRG meeting will be held at 1830 hrs, 9 Feb 2005 @ Hanierberg Chapel. FRG meetings:
 - Meetings were held once a quarter (Last: 8 Nov 04, 49 attendees)
 - Meetings are going to be held once a month starting in April 2005.
- We need to update our FRG Calling Roster. If you are interested in becoming a key caller, please contact the STB S1 CPT Pearson: 0611-705-6304
- Thanks to all the spouses that supported our fund drive for our Christmas party.
 - \$1500.00 raised by FRG Bake Sales (Victory Focus) and Christmas Gift Wrapping events for STB Christmas Party
 - Over 400 people attended STB Christmas Party at no cost to any Soldiers, Civilians or their Families
- STB is planning a FRG Organizational Day party in May 05. Currently planning fund raising events to pay for party

HHC, 3D COSCOM Conducts Vehicle Convoy Training

Soldiers of the 3D Corps Support Command conducted convoy training on 21 January 2005, over 90 soldiers and 45 vehicles hit the road to the training area in Aschaffenburg, Germany. The Convoy consisted of three serials that departed at different times. Each serial took on average of two hours to make the trip. The purpose of the training was to exercise the trucks and integrate new soldiers on convoy operations.

There are a lot of moving parts when organizing a vehicle convoy. The planning, the preparation and the execution of the mission are the main task in conducting a convoy. However, the key ingredients to making a vehicle convoy successful are the soldiers, the leadership, and the resources at their disposal. Soldiers for this particular exercise were alerted and they reported to the motor pool to begin pre-execution checklist on their vehicles. The convoy commander makes his final checks on the route, and prepares to conduct a convoy briefing. Non-commissioned officers in charge are ensuring that vehicles are ready to go and that all personnel and equipment are accounted for. Additionally, they will also ensure that the drivers and assistant drivers understand the strip map that has been issued. The assistant serial commander readies the trucks by ensuring they are in proper order and that the first and last vehicles have the appropriate signs. Once The Serial commander gives the convoy briefing and conducts emergency reaction rehearsals, drivers and assistant drivers are ready to move out.

Once the Serial arrived each driver conducted during operations checks on their vehicles and recorded after action review comments from the convoy. Everyone returned to Wiesbaden Army Airfield having successfully completed the mission for that day. Once again, soldiers of the 3d Corps Support Command showing the leaders of all levels that we can accomplish our mission anywhere, anytime. "Sustaining the Line"



Community Events:

A Special thanks to the Wiesbaden Community Newspaper for supplying the content for the next 6 pages.

Mystery night for adults

The dedicated staff at the Wiesbaden Army Airfield Library has had so much fun conducting mystery nights for teens. Now, adults can join in the fun with their own mystery dinner at 5 p.m. Feb. 25 at the Community Activity Center. Tickets cost \$6. To order tickets or for information, call DSN 337-1740 or 0611-705-1740.

Neville Aster-Night invites all his closest friends to an engagement party for him and Lizzie Bordeaux at the Castle Von Morgue in Deadbolt, Transylvania. He promises fun, food and terror for all. This will be a night to die for.

The library is looking for volunteers to act during the dinner. Roles include the mummy of King Aldrinkotat; Gluma, the Wicked Witch of Depressed; Lizzie Bordeaux and more.



Looking for a job?

JOB FAIR

The 221st Base Support Battalion's Army Community Service is holding its Spring Job Fair from 9 a.m. to noon March 18 in the ACS cafeteria, Bldg. 7790 in Hainerberg Housing. For information, call the ACS Employment Readiness Team at DSN 337-5754 or 0611-705-5754

PROGRAM MANAGER

ACS is looking for a manager for its volunteer program. Duties include maintaining files, recording hours and ensuring all volunteers receive orientation. For information, call DSN 337-5034 or 0611-705-5034.

CLERKS AND CUSTODIAL STAFF

The American Arms Hotel is hiring front desk clerks and custodial workers for housekeeping. Applicants must be U.S. citizens. Those interested can apply at the Nonappropriated Fund Personnel Office in

Building 1020 on the Wiesbaden Army Airfield. Call DSN 338-7883 or 0611-343667 for information.

EMPLOYMENT READINESS

The employment readiness program through ACS offers a wide variety of programs to help family members seeking employment. For information, call Toi Winston at DSN 337-5034/5754 or 0611-705-5034/5754.

FITNESS INSTRUCTORS

Team 221st Sports and Fitness Centers are looking for certified group fitness instructors to offer programs in Wiesbaden and Dexheim. Call the Tony Bass Fitness Center at DSN 337-5541 or 0611-705-5541 for information.

SKIES INSTRUCTORS

Want to share your hobby? The Schools of Knowledge, Inspira-

tion, Exploration and Skill program is looking for qualified part-time instructors to teach kids dance, theater, martial arts and more. Call S. Tracy Miller at 338-7512 or 0611-380-7312 for information.

BANK EMPLOYEES

Andrews Federal Credit Union has career opportunities throughout the community. Log onto its Web site www.andrewsfcu.org for information.

BALLOON BOUQUETS

You can let the All Occasion Balloon Center be your cupid on Valentine's Day. Order a balloon bouquet for your special someone and get delivery discounts on Feb. 14. Roses can be added to the balloon bouquets. Get a free card with each purchase. Valentine's Day deliveries on the airfield are free. The price for delivery to other areas

of the BSB is \$5, which is a \$5 to \$10 discount. Order your bouquets by Feb. 7 by calling DSN 337-5750 or 0611-705-5750.

DINNER FOR TWO

Love is in the air on the Wiesbaden Army Airfield. Show your loved one how much you care by treating him or her to a romantic dinner at the Community

Activity Center. The menu is quite extensive, including smoked salmon, veal, wild deer and boar. The desserts are great too, including the white and milk chocolate layered mouse and strudel. Each table is decorated with a rose and special note from you. Reserve your table by Feb. 9 by calling DSN 337-5750 or 0611-705-5750.

Creating empowerment

SUPPORT GROUP

The Save Our Selves support group is designed to educate, motivate and empower victims of domestic violence, past or present. Topics discussed include self-esteem, assertiveness skills, building healthy relationships, setting and accomplishing goals, lifestyle alternatives and dynamics of domestic violence. This is offered as an eight-week close-ended group through ACS. For information, contact the victim advocacy coordinator.

FAMILY ADVOCACY PROGRAM

Unlock the key to better relationships and a better you with FAP services and programs. FAP provides assistance and education to individuals, families, military units and other agencies regarding matters of spousal or child abuse and individual empowerment. The staff will tailor trainings to your needs and schedule. FAP classes/trainings can also be given to Family Readiness Groups and spouses' clubs. Classes offered include marital communication, discipline for in-

fants and toddlers, and prevention of spouse and child abuse. Contact ACS to make reservations for classes or training.

How can we help you?

BRAINSTORMING WORKSHOP

Army Family Team Building volunteers are invited to share their ideas for fun and educational professional development training from 10:30 a.m.-12:30 p.m. Feb. 9. Lunch is included.

LEVEL III TRAINING

Army Family Team Building offers Level I-III training from 8:30 a.m.-2 p.m. in Room 22 at ACS. Level I: Passport to Army Life is offered March 7-8. Levels II-III Marathon Training: Personal and Professional Skill Development is offered March 14-15 and March 21-22. Level I is recommended but not required to take Levels II and III. Lunch and snacks are included.

FAMILY READINESS GROUPS

ACS is looking for dedicated men and women to train to be FRG basic leaders. Contact ACS for dates and times. Reunion/reintegration training is offered by request to FRGs or groups. Topics include communication techniques and renegotiating your relationship. To schedule a session for your



group or for information, contact the Mobilization and Deployment Team.

CARE PROVIDERS NEEDED

Providers are needed to care for families with special circumstances. Emergency Placement provides interim care for children removed from the home due to abuse, neglect or family emergencies. Respite Care provides a temporary rest period for family members responsible for the regular care of

children or adults with disabilities. If you are interested in opening up your home to provide care in our community, contact Damaris Feleke.

ARMY VOLUNTEER CORP

Volunteers selflessly devote their time, talent and consideration to make a difference in the lives of others. They take care of those who are taking care of you and improve and enhance their organization of choice. For information on volunteering in the 221st Base Support Battalion, contact ACS.

EFMP

The Exceptional Family Member Program Support Group meets for lunch from noon to 1 p.m. the first Wednesday of the month in room 22 in ACS. Parents and caregivers of exceptional family members are welcome to get information and share personal knowledge and experience. This forum also will be used to brainstorm ideas on how to improve and better meet the needs of EFM in the community.

Horror and humor on stage

"THE PASSION OF DRACULA"

The Amelia Earhart Playhouse will present "The Passion of Dracula," based on the Bram Stoker novel, Feb. 17-20 and Feb. 24-27. Performances are at 7:30 p.m. Thursday through Saturday and at 6 p.m. Sunday. The admission price is \$10 or 10 euro for adults and \$5 or 5 euro for students and senior citizens. This production is not

suitable for children younger than 8. For Sunday performances, buy two tickets for the price of one when mentioning this news release at purchase. Tickets are available at the Hainerberg and Wiesbaden Army Airfield USO offices or by calling for reservations. Free parking is available at the Amelia Earhart Playhouse, Konrad-Adenauer-Ring 39 in Wiesbaden. Call DSN 336-2473 or 0611-816-2473

for information.

"A THOUSAND CLOWNS"

AUDITIONS

The playhouse is holding auditions for its upcoming performance, "A Thousand Clowns." Auditions are on Feb. 8 and 9 from 7 to 10 p.m. Charlie Fontana, the director of the Amelia Earhart Playhouse, is looking for six actors: four adult men,

one adult woman age 20 to 30, and one child, either a boy or a girl, age 8 to 14.

PERFORMANCE

Performances are Thursday through Sunday March 31-April 10 at 7:30 p.m. Thursday-Saturday and at 6 p.m. Sunday. Ticket information is the same as "The Passion of Dracula" performances.

Ready for some football?

The 221st Base Support Battalion is tackling Super Bowl Sunday in six different facilities on Feb. 6. You can pick a party, any party!

CAPPUCCINO CASINO

Enjoy free munchies during the Super Bowl. The facility opens at 10 a.m. Free giveaways and prizes will be available. The Cappuccino Casino is in Building 7762 at Wiesbaden's Hainerberg Shopping Center. Call 0611-763-7627 for details.

KASTEL KLUB

Watch all the Super Bowl action at the Kastel Klub starting at 10 p.m. Feb. 6. Linda and her team of dedicated staff and volunteers will prepare free snacks. Chili dogs and kraut dogs will be for sale. For information, call DSN 334-2903 or 06134-604-903. The Kastel Klub is in Building 4019, to the left of the food court, in Mainz Kastel.

VICTORY POINT BAR

Enjoy the tailgate special featuring hamburger or chicken nuggets with fries and a pitcher of beer for \$10. The party starts at 10 p.m. The bar, located in the Community Activity Center, Building 1011 on Wiesbaden Army Airfield, offers four television sets. Wear your team jersey and win a free insulated cooler bag while supplies last. Call DSN 337-5750 or 0611-705-5750 for more information.



RHEINBLICK GOLF COURSE

Watch the game on two big screen televisions. The restaurant and bar will be open and raffles will be held all night. An indoor putting contest begins at 7:30 p.m. and costs \$5 per round. The course is located on Weisserweg in Wiesbaden-Frauenstein. Call 0611-420-675 for information.

MCCULLY CLUB

Join your friends at the McCully Club from 8 p.m. to 4 a.m. Kitchen will feature full menu.

The kitchen will be open, selling a full menu of your favorite munchies. For information, call DSN 334-4747 or 06133-250-8747. The McCully Club is in Building 6209 on McCully Barracks in Wackernheim.

RHEINLANDER ANNEX

Better Opportunities for Single Service members is hosting a Super Bowl party at 11 p.m. at the Rheinlander Annex, Bldg. 6322 in Anderson Barracks in Dexheim. Non-members are welcome. Call DSN 334-5712 or 0613-69712 for information.

Hitting the slopes with Outdoor Recreation

Your Outdoor Recreation offices offer tons of opportunities to hit the slopes. Stop by the office on the Wiesbaden Army Airfield or in Dexheim and pick up a brochure. Call DSN 337-5760 or 0611-705-5760 in Wiesbaden, or DSN 334-5818 or 0613-69-818 in Dexheim for information. Some trips are for advanced skiers and snowboarders, so be sure to ask before signing up. Here is a quick peek at upcoming trips.



Feb 1 Rock climbing in Nieder Olm, \$20

Feb 2 Ski maintenance clinic, \$15

Feb 5 Ski trip to Feldberg, Black Forest, \$45

Feb 9, 27 Swimming trip to Frankfurt, \$10

Feb 11-14 Ski trip to Austria \$355

Feb 12, 26 Ski trip to Engelberg, Switzerland, \$55

Feb 14 Ice skating trip to Frankfurt \$10

Feb 16 Snowboard maintenance clinic, \$15

Feb 19-20 Ski trip to Feldberg, Black Forest \$175

March 1 Rock climbing in Nieder Olm, \$20

March 5, 12, 19 Ski trip to Feldberg, Black Forest, \$45

March 6 Ice skating trip to Frankfurt \$10

March 9 Ski maintenance clinic, \$15

March 13 Swimming trip to

Frankfurt, \$10

SERVICES

Your Outdoor Recreation office can provide you with all the supplies you need to make your barbecue, vacation or leisure time fun and safe. Stop by the office and rent ice chests, grills, tents and camping equipment, bicycles, kayaks and canoes, scuba equipment, skis and snowboards, sleds and safety equipment (helmets, life jackets, etc.) Outdoor Recreation also offers safety and sport instruction, repair services and paintball. Stop by our offices in Dexheim or Wiesbaden and see what they can do for you.

Team 221st Sports and Fitness keeps you healthy

For information on Team 221st Sports and Fitness events, call DSN 337-5541 or 0611-705-5541.

HEART HEALTH MONTH

The Tony Bass Fitness Center is looking out for your heart health throughout the month of February. Push your heart to the max with a 10K run at 10 a.m. on Feb. 5. Celebrate Mardi Gras fitness style Feb. 8 with free body fat tests, giveaways and more. Head over to Tony Bass for the Lunch and Learn series from noon-12:45 p.m. Feb. 8 the topic will be heart disease, stroke risk factors and prevention. Feb. 22 the topic will be risk factor reduction through diet. Also, all cycle classes, except Basic Cycle, will be 75 minutes long.

AEROBICS PASS

Enjoy discounts on aerobics classes when you buy a monthly aerobics pass. Costs are \$25 for 10 sessions or \$35 for unlimited sessions each month.

SPECIAL POPULATIONS CLASS

The Tony Bass Sports and Fitness Center



offers specialized instruction on Mondays and Wednesdays for clients who are overweight, elderly or pregnant, or who suffer from previous injury, heart disease or diabetes. The class runs from 5:30 to 6:30 p.m. March 7-April 27 at a cost of \$125 for new clients, \$110 for returning participants.

KID FIT

The Kid Fit program returns on Tuesdays at 9:30 a.m. from March 8 to April 26 for kids age 2 to 3. The cost is \$45.

YOUTH TRAINING

Trainer Brandalyn Ekmark can give your

child the edge he or she needs to excel in competitive sports. She has worked with the University of Tennessee Lady Vols and Jose Vasquez, the assistant strength coach for the NY Mets. Now she is helping children age 8 and older. The cost is \$125 for five individual sessions, \$15 per session per person for groups and teams up to four, and \$10 per person per session for teams or groups of five or more.

BABY BOOT CAMP

Baby Boot Camp is a great program for moms who want to get into shape after pregnancy. Babies must be secured in strollers. No umbrella strollers allowed. The camp is from 10:30 to 11:30 a.m. on Tuesday and Thursday from March 22 to May 12. Cost is \$60.

NEW MARTIAL ARTS SCHEDULE

Bujinkan Budo Taijutsu, \$10, Mondays from 7:30 to 9:30 p.m.

Northern Preying Mantis Kung Fu, \$5, Tuesdays from 7:45 to 8:45 p.m.

Tai Chi, \$5, Thursdays from 7:45 to 8:45

Looking for something to do?

TUES FEB. 1 Take an employment readiness workshop and learn about interviewing techniques at 10 a.m. at the Dexheim ACS.

WED. FEB. 2 Hungry? Head over to the McCully Club or the Amelia Earhart Friendship Café for Asian food every Wednesday.

THURS FEB. 3 Learn about the Army Virtual Library at 11:30 a.m. at the Dexheim Library.

FRI.-SUN FEB. 4-6 Enjoy Carnival in Venice with this trip through Outdoor Recreation.

SAT. FEB. 5 Interested in stained glass? Learn how to make your own masterpiece at Römer Art Center's workshop.

MON. FEB. 7 Try your luck at Bonanza Bingo at the Community Activity Center. Stop in at any time to buy and play a ticket.

WED. FEB. 9 Get involved in your community at the Better Opportunities for Single Service members meeting at 3 p.m. in Bldg. 6333 in Dexheim.

THURS. FEB. 10 Moving soon? Learn how to make your PCS smooth at 10 a.m. at the Hainerberg ACS.

FRI. FEB. 11 Celebrate White T-shirt Day with discounts at the Dexheim Bowling Center.

SUN. FEB. 13 Take a trip with the Outdoor Recreation Biking Club at 10 a.m.

MON. FEB. 14 Give your car some TLC at the Auto Skills Center.

TUES. FEB. 15 Celebrate Black History Month with a tasty lunch at the Rheinlander Club.

THURS.-SUN. FEB. 17-21 Go sightseeing and shopping in London with Outdoor Recreation.

TUES. FEB. 22 Learn more about upcoming events at the next Information Exchange at 9:30 a.m. at the CAC.

WED. FEB. 23 Take your kids to story time

CONTACT INFORMATION

Amelia Earhart Friendship Café
0611-816-2995

Army Community Service
DX DSN 334-5578 or 0613-69-578
Hainerberg DSN 337-5754 or
0611-705-5754

Auto Skills Center
DSN 334-2460 or 0613-69460

Bowling Centers
DX DSN 334-5743

Community Activity Center
DSN 337-5750 or 0611-705-5750

Libraries
DSN 337-1740 or 0611-705-1740

McCully Club
DSN 334-4747 or 0613-250-8747

Outdoor Recreation
DSN 337-5760 or 0611-705-5760

Rheinlander Club
DSN 334-5712 or 0613-69712

Römer Art Center
DSN 337-5722 or 0611-705-5722

Sports and Fitness
TBFC DSN 337-5541 or 0611-705-5542

and read about drawing at 10:15 at the WAAF Library every Wednesday.

FRI. FEB. 25 Watch a great boxing match at 7 p.m. during Friday Night Fights at the Tony Bass Fitness Center.

SAT. FEB. 26 Sell your own treasures or find new ones at the indoor flea market from 8 a.m. to 1 p.m. at the CAC.

TUES. MARCH 1 Test your endurance and courage with a rock climbing trip through Outdoor Recreation.

WED. MARCH 2 New to Dexheim? Meet others at a newcomer's coffee at 9:30 a.m.

at ACS.

FRI. MARCH 4 Teens can solve "The Pharaoh's Curse" at the WAAF Library's mystery night starting at 5 p.m.

SAT. MARCH 5 A vacation is not an excuse to slack on your exercise program. Learn how to work with resistance bands when your away from home at this 10 a.m. workshop at the Tony Bass Fitness Center.

SUN. MARCH 6 Hit the ice with Outdoor Recreation during this skating trip to Frankfurt.

WED. MARCH 9 Kids can learn about famous women during story time at 10:15 a.m. at the WAAF Library.

SAT. MARCH 12 Get running with the Tony Bass Fitness Center during the Wiesbaden Half Marathon at 7 p.m.

TUES. MARCH 15 Read a good book and discuss it with your friends at the WAAF Library. Call to find out about this month's selection.

MARCH 15-MARCH 31 Fore! Spend the day at the Rheinblick Golf Course and pay no fees. Open to all ID card holders.

THURS. MARCH 17 Everyone is Irish at the Kastel Klub on St. Patrick's Day. Enjoy free snacks and cake from 6 p.m. to midnight.

THURS. MARCH 17 Interested in photography? Join the Photo Club at Römer Art Center and learn about the dark room and more.

SAT. MARCH 19 Catch the big one with a fishing trip to Limberg with Outdoor Recreation.

For information on these events and more, pick up the latest free editions of Connection magazine and Herald Union newspaper. Look for information on the Commander's Information Network and the Public Affairs Office's Web site, www.wiesbaden.army.mil.

Just for students

YEARBOOKS

Aukamm Elementary School's Parent Teacher Association is currently taking orders for yearbooks, which are \$15 each. Order forms are available at the school's main office. Volunteers are needed to help put the book together. For information, call 0611-505-5706.

YOUTH GROUP

The Protestant Youth of the Chapel (high school group)

meets every Wednesday from 7 to 8:30 p.m. at the Aukamm Community Center. Middle school-aged youth meet from 3-4:30 p.m. at the Hainerberg Chapel. Retreats are held for both groups. For more information call DSN 337-1570 or 0611-705-1570.

SCHOLARSHIPS

The Army Emergency Relief program offers the MG James Ursano scholarship fund for

dependent children of U.S. Army Soldiers. This fund assists families with the costs of post-secondary undergraduate education and vocational training. Applications can be downloaded at www.aerhq.org and must be submitted by March 1. For more information call DSN 334-5578 or 0613-69578. The Wiesbaden Community Spouses Club offers scholarships to high school seniors and continuing education

students whose sponsor is active duty, retiree or federal employee assigned in the Wiesbaden community. Applications are available at Gen. H.H. Arnold High School guidance office, Wiesbaden Commissary, Wiesbaden library, Army Community Service and both the Wiesbaden and Dextheim Education centers. For information call 06134-555-615 or e-mail wscscholarships@yahoo.com.

Just for parents

NUTRITION CLASSES

The Wiesbaden Women, Infants and Children-Overseas office offers free nutrition classes the third Tuesday of the month. Classes are held at 1:30 p.m. at the WIC-O office, Building 7005 in Crestview Housing. For information

call DSN 338-7366 or 0611-380-7366.

THRIFT SHOP HOURS

Looking for kids' clothes, toys and more? The Wiesbaden Community Thrift Shop is open every Tuesday from 10 a.m. to 2 p.m. and 4-7 p.m.; Thursday

from 10 a.m. to 2 p.m. and the first Saturday of each month. Consignments are only accepted on Tuesdays and Thursdays. Volunteers also are needed. Call 0611-74261 for information. The shop is on Californiastrasse in Hainerberg.

Just for kids

YOUNG ATHLETE TRAINING

The Tony Bass Fitness Center offers young athlete strength and speed training for individuals, groups or teams specifically designed to help enhance young athletes' skills and performance. Call DSN 337-5943 or 0611-705-5943 for more information.

FREE LUNCH

Applications are being accepted for the free and reduced school lunch program at the 221st Base Support Battalion School Support

Office. To find out if your children are eligible for the program call DSN 337-7004 or 0611-705-7004.

RED CROSS CLASSES

Babysitter's training, CPR and volunteer orientations are held through the Wiesbaden Red Cross. To find out and sign up for upcoming classes call DSN 337-1760 or 0611-705-1760.

PLAYGROUP

Little Lambs prayer and playgroup is held from 10 a.m. to

noon Tuesdays at the Hainerberg Chapel. Parents must remain with the child during the playtime and bring a snack or drink for their toddler. For information call DSN 337-1570 or 0611-705-1570.

YOUTH PROGRAMS

Dance, ballet, photography, piano classes, horseback riding lessons and screenwriting courses are available through Child and Youth Services. Students must be registered through Central Registration at Army Community

Service, Building 7790 in Hainerberg Housing. For more information call DSN 337-5383 0611-705-5383.

FASCHING FUN

The Wiesbaden Community Spouses Club invites all parents and children to participate in the Fasching Parade in Mainz Feb. 5. Meet at Military Car Sales in Mainz-Kastel at noon. E-mail Raydene Wolney at raydenew@yahoo.com to RSVP and for information.